



Vol. 51 No. 17

May 13, 2005

Aviano Air Base, Italy

Fly Bys

Parking lot closure

The gravel parking lot next to the Aviano Medical Clinic in Area One will close Wednesday for construction of a permanent parking lot. Patients should plan extra time for finding a parking space.

Prima Vera Bazaar

Aviano shoppers can indulge themselves at the annual Prima Vera Bazaar in Hangars One and Two, beginning 10 a.m. to 8 p.m. today. The bazaar is open 10 a.m. to 5 p.m. Saturday and 10 a.m. to 5 p.m. Sunday. About 115 vendors are signed up to sell items such as oriental rugs, Italian wine and cheese, leather, Polish pottery, antiques, iron furniture, art and more. Base organizations will have food booths and live entertainment will be on-site throughout the weekend.

Aviano School Board

The final Aviano School Board meeting is 5 p.m. Tuesday in the Aviano Community Center ballroom. Bill Nicholson of the Mediterranean District Transportation Office will address school bus safety issues.

BRAC: Information available for affected bases

By Master Sgt. Mitch Gettle
Air Force Print News

The secretary of defense is expected to announce the proposed Base Realignment and Closure list during a press conference today in Washington, D.C.

Air Force officials said they understand the effect BRAC can have on servicemembers, retirees, employees and their families.

To assist people with vital BRAC information, the Air Force will provide a toll-free number, (888) 473-6120, for military and civilian members affected by the BRAC list.

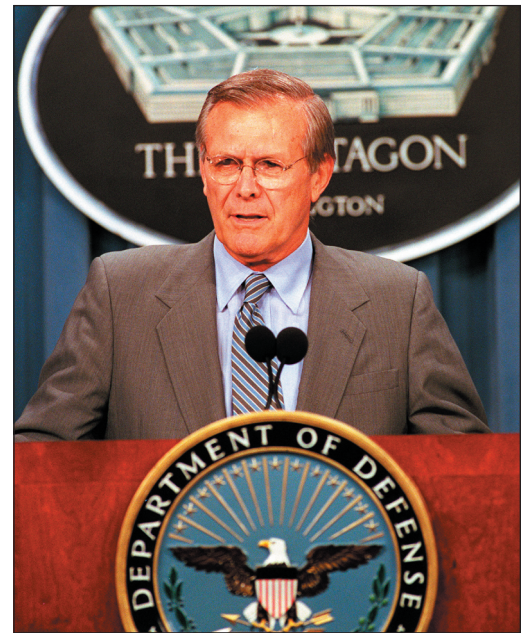
Besides the toll-free phone number, the Air Force has an informative BRAC Web page at www.af.mil/brac.

"This number will be available today from 8 a.m. to 8 p.m. (EDT) until further notice," said Col. Thomas Fleming, Air Force BRAC response cell director. "We will have trained people from 10 different Air Force organizations to answer or assist with any questions people may have."

Airmen can seek information through their chain of command. They may also contact the public affairs office at their nearest Air Force installation.

BRAC is the congressionally-authorized process the Department of Defense uses to reorganize its base structure to more efficiently and effectively support its forces, increase operational readiness and facilitate new ways of doing business.

"People are our most valuable asset; and though BRAC is a careful and impartial analysis, people will be affected," Colonel Fleming said. "We care about our people, and we want to keep our people informed and provide them the best possible information on the changes that will affect them."



Helene C. Stikkel

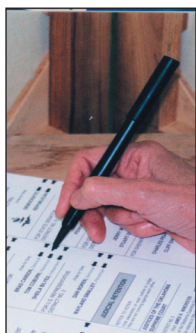
Secretary of Defense Donald Rumsfeld will announce the proposed Base Realignment and Closure list today in Washington D.C. The list will detail how the Department of Defense reorganizes its base structure.

The Air Force Web page will have a breakdown of affected bases from the BRAC list, said Jeff Whitted, Air Force News Service operations division chief.

"We will also have links to frequently asked questions, news articles, and DOD and Air Force information concerning BRAC," he said. "As we

See BRAC, page 4

Life-threatening emergency? People should call the Italian authorities by dialing 118. For on-base emergencies, dial 911.



Voting overseas

Americans living and working overseas should still exercise their right to vote, even during "off" years, for local hometown elections.

Page 4



Maintenance

The 31st Maintenance Group doesn't just maintain Aviano's jets and munitions, they also earn praise and awards from around the Air Force.

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Military nurses

The Air Force recognizes its military nurses and medical technicians for the work they provide for Airmen and their families around the world.

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31st Fighter Wing

Let's go, Aviano

It's showtime for the 31st Fighter Wing

By Brig. Gen. Phil Breedlove
31st Fighter Wing commander

Aviano people have worked hard during the past months getting ready for the Surety Inspection. It's now show time.

Keep in mind that you are the key to success. Adhering to our core values as Airmen, being technically proficient in our specialties and maintaining the warrior mindset is what makes us the world's premier Air Force.

The inspectors are expecting this from us.

The single most important factor for success will be your positive attitude from start to finish. Now is the time to show the inspectors how good we really are.

When the inspectors arrive this weekend, first impressions will set the stage for the rest of the inspection.

Let's make sure our pride at Aviano is the first thing they see by keeping the base looking great.

Look and act like the true professionals you are. As my dad always said, a good haircut and shiny boots won't hurt you.

You should know your regulations, plans, Air Force instructions and technical orders cold.

It's OK if you don't know all the answers. But, find the right answer right away and then tell the inspector if asked. Never try to make excuses.

If a problem arises, correct it on

the spot. If you cannot, show them you have a plan to take care of it.

Keep three words in mind during the inspection and live by them: safety, security and reliability. They will drive us to great results.

Remember that communication is critical. Use your chain of command to resolve problems should they arise.

Showcase implemented improvements, but make sure all your basic requirements are covered first.

The goal should be to improve the system, not to impress inspectors or leadership.

Good management of good programs are noteworthy.

I know we are involved in a lot of other activities such as getting ready for upcoming deployments and the PCS season.

While some of our key people may be heading out, let's not forget that we are all key to the mission and great teams excel even when they lose some of their star players.

Let's focus next week on our core capabilities and the inspectors will see this.

The key is to do what you have always done. I have no doubt that our team has what it takes to give the inspectors a great impression.

The inspectors know Aviano's reputation and are expecting that stellar teamwork, ability and motivation we exhibit every day. Make us all proud.



Brig. Gen. Phil Breedlove is the 31st Fighter Wing commander. He was recently selected for promotion to major general. His next assignment is at Ramstein Air Base, Germany. He was born in Forest Park, Ga., and was commissioned in 1977 as a distinguished graduate of Georgia Tech's ROTC program. He has been assigned to numerous operational, command and staff positions, and he has completed six overseas tours, including two remote tours.

"The single most important factor for success will be your positive attitude from start to finish. Now is the time to show the inspectors how good we really are."

Exercising right to vote important even in "off" years

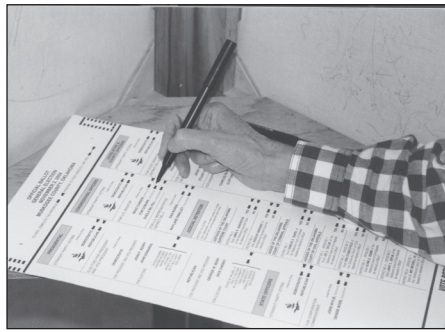
By Samantha L. Quigley
American Forces Press Service

Service members and citizens overseas should participate in local off-season elections, the director of the Federal Voting Assistance Program said in Washington Monday.

"I think it's always important for us to exercise our right to vote," Polli Brunelli said. "We've seen from past elections that our uniformed servicemembers and overseas citizens vote in large numbers. They're engaged in the absentee-voting process, and some actually vote in person as well."

Just because this is not a presidential election year does not mean this election is not important, she said. Many elections will decide state and local issues.

Ms. Brunelli said it is important for absentee voters to look at all of the issues -- state and local -- which concern them in their state of legal voting residence. But it



Americans have the right to vote, no matter if they are stateside or overseas. It's important for voters to take part in local off-season elections, too.

is up to each voter to decide what issues are important and to research the candidates.

"(It's) a little bit easier than it used to be in the old days, where we found our overseas citizens were mostly getting information on elections from their friends and family members," Ms. Brunelli said.

"They would either send them local newspapers or tell them what the candidates stood for and what the issues were."

The FVAP Web site provides multiple links to states' Web sites, state associations, political party sites and other organizations where voters can find a plethora of information. News organizations can also be accessed via the Web, she said.

Voter-registration and absentee ballot-request forms are readily available as well. It takes research to cast an effective vote, Ms. Brunelli said.

"It's incredibly important to be informed about these issues," she said. "An informed voter is a good voter. It shows civic responsibility in that regard when you're informed."

"The (Federal Post Card Application) is the easiest way to request registration and an absentee ballot," she said. "And the easiest way to get the form is from voting-assistance officers at military installations."

Volunteers needed - The Aviano Thrift Shop needs volunteers. Call Ext. 5428 10 a.m. to 4 p.m. Tuesdays and Wednesdays.



Staff Sgt. Michael Holzworth

Extreme makeover Thor-style

Airmen from the 31st Maintenance Group hook up Aviano's F-100 static display aircraft before moving it to be repainted. Called Thor's Hammer, the aircraft is usually displayed near Aviano's main gate. The F-100 Super Sabre was a sleek, swept-back-wing fighter that gave the United States a supersonic Air Force. The aircraft at Aviano was originally owned by the Danish air force and sold to the Turkish air force. Over time, it was acquired by the Italian air force. General Mario Arpino, Chief of Staff of the Italian Air Force, dedicated the aircraft to the 16th Air Force Sept. 11, 1997, in honor of the U.S. Air Force's 50th anniversary.

BRAC, From Page 1

receive new information, we will post it to this page."

Local communities surrounding these installations will also be affected. Communities can address their concerns with the president's commission at regional BRAC commission meetings or by contacting the commission at (703) 699-2950 for more information. Phone hours are 7 a.m. to 6 p.m. EDT, Mondays through Fridays.

The BRAC process will take months to be finalized. The secretary of defense's BRAC recommendations are not final. The president's BRAC commission will review the list for conformity with the office of the secretary of defense's force structure plan and published selection criteria and report its findings and conclusions to the president by Sept. 8.

RESCON CORNER

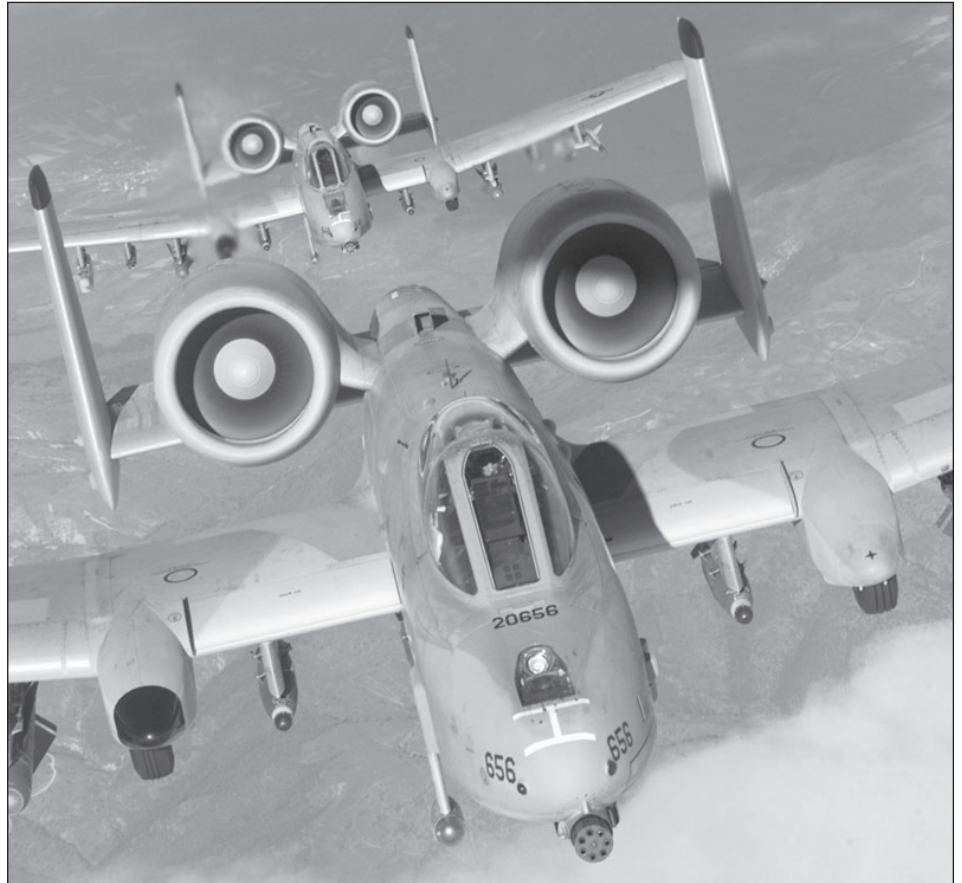
DUIs

Week	0
28 days	2

Rescon Alpha

Sortie Board

	Hours	Sorties
31st Fighter Wing		
Goal	461.8	226
Ahead or Behind	46.2	-86
510th Fighter Squadron		
Goal	211.4	68
Ahead or Behind	-2.2	-43
555th Fighter Squadron		
Goal	240.6	187
Ahead or Behind	-43	-31



File photo by Senior Airman Greg L. Davis

50 years of Aviano history

1990s - Two A-10 Thunderbolt IIs from the 81st Fighter Squadron, 52nd Fighter Wing, Spangdahlem Air Base, Germany, drop away from a refueling tanker during a NATO Operation Allied Force combat mission. The "Warthogs" were deployed to Aviano for the mission. The aircraft were specially designed for close air support of ground forces.

May 17, 1919 - The U.S. War Department ordered use of national star insignia on all planes in America.

Official: DOD committed to meeting child-care needs

By Terri Lukach
American Forces Press Service

Defense Department officials are actively engaged in improving child-care services for military parents, a top Pentagon official said in Washington, D.C., May 6.

John M. Molino, deputy undersecretary of defense for military community and family policy, said the days of mostly single, barracks-dwelling servicemembers is a thing of the past.

"Today's military is different," Mr. Molino said. "A little more than 50 percent of the force is married, and about 44 percent of the force has children ranging in age from infants to college students. Each family has individual needs and different kinds of needs based on their age group.

"We have to accommodate those needs because we are sending people around the world where they are away from their families, from grandparents and from other tra-

ditional means of support," he said. "We are also deploying more people than in the recent past, and when you do that, you create a single-parent family overnight. More often than not, that single parent has a job, a job they may need to survive."

DOD officials are trying to reinforce programs that have been working successfully and to come up with creative solutions to help with new or anticipated needs, Mr. Molino said.

Extended deployments for large elements at an installation place an increased burden on those who have stayed behind, Mr. Molino said.

"Work hours are extended, duty days are extended, and we need extended child-care hours because these people are simply at work for a longer day than they were before," he said.

Two military installations, one in Virginia and one in Hawaii, have child care 24 hours a day, seven days a week, Mr. Molino said.

"It's very innovative, very successful and very popular," he said.

Many military parents need child care for the short term only - parents who are in training, or who just need a few hours to shop, to go out with friends or simply take a break, Mr. Molino said.

"We are providing that in many areas," he said, "as well as going 'beyond the gate' to see what options are available in the community, and how existing services may be subsidized for families who are unable to take advantage of service provided on the installation."

Child-care initiatives available to active-duty servicemembers also are available to guardsmen and reservists, Mr. Molino said.

"If servicemembers are going to be successful in their careers, if they are going to stay in the military, they need to know that the military is an environment friendly to families, friendly to children and an environment that will facilitate their career aspirations. That is key," he said.

Curbing alcohol problems require acceptance

By Mary Kieran
Aviano family member

Most people, if asked directly, would say they don't have a drinking problem. Some of them would be right. But many of them, according to clinical experts, would be wrong.

A survey was put together by Johns Hopkins University Hospital professionals in Baltimore who work with alcohol abuse issues. The questions bring focus as to how alcohol is used in daily life.

The first step toward taking control of a situation is being aware that there is a situation.

According to the 31st Security Forces Squadron Reports and Analysis office, about 300 men and women were not aware there was such a situation.

They were involved in drunk driving incidents, car crashes, deaths and other alcohol-related occurrences which have been on the rise.

The following are numbers of alcohol-related incidents involving the Aviano Air Base community from 1997 through 2004:

- 1997 - 25 incidents
- 1998 - 29 incidents
- 1999 - 32 incidents

- 2000 - 48 incidents
- 2001 - 38 incidents
- 2002 - 49 incidents
- 2003 - 41 incidents
- 2004 - 27 incidents

From 1997 through 2004, the alcohol-related occurrences increased by an average of 28 percent.

The good news is there has also been a sharp 180 degree turn with a decrease in the number of alcohol-related incidents within the last year. Between 2003 and 2004, the amount of people involved in drinking-related incidents has decreased by 34 percent.

In order for this decreasing trend to continue, the Aviano community needs to continue to take responsibility for its drinking habits.

One such way is using Airmen Against Drunk Driving, which is a group of volunteers who provide hassle-free transportation for those who plan on having an evening of drinking. They can be reached at 0434-30-5938.

Those interested in other ways to help can visit <http://www.yaerd.org/> for a look at the Young Adults Advocating Responsible Drinking Web site. People can check out the section on how to stop DUIs in a local area.

Do you have a problem with alcohol addiction?

20 questions could save your life

- Do you lose time from work due to drinking?
- Is drinking making your home life unhappy?
- Do you drink because you are shy with other people?
- Is drinking affecting your reputation?
- Have you ever felt remorse after drinking?
- Have you had financial difficulties as a result of drinking?
- Do you turn to inferior companions and environments when drinking?
- Does your drinking make you careless of your family's welfare?
- Has your ambition decreased since drinking?
- Do you crave a drink at a definite time daily?
- Do you want a drink the next morning?
- Does drinking cause you to have difficulty in sleeping?
- Has your efficiency de-

- creased since drinking?
- Is drinking jeopardizing your job or business?
- Do you drink to escape from worries or trouble?
- Do you drink alone?
- Have you ever had a loss of memory as a result of drinking?
- Has your physician ever treated you for drinking?
- Do you drink to build up your self-confidence?
- Have you ever been to a hospital or institution on account of drinking?

If you answered "yes" to any one of the questions, it could be a warning sign that you may be at risk for alcohol abuse.

A "yes" to three or more questions indicates alcohol abuse or addiction is present and corrective steps need to be taken. Questions are courtesy of John Hopkins University Hospital in Baltimore.

Marriage information - The Aviano Family Support Center helps couples arrange to be married in Italy. Call Ext. 5407.

New to the Blue: Aviano birth announcements



Congrats to these Aviano families on their newest addition!

Dade Michael Allen was born March 29 to Tiffany and Corporal Shaun Allen, 24th Quartermaster.

Rebecca Maria Applen was born March 24 to Emily and Staff Sgt. Eric Applen, 31st Maintenance Squadron.

Stephen Myles Burroughs was born March 24 to Desiree and Tech Sgt. Stephen Burroughs, 31st Civil Engineer Squadron.

Yasmine Estela Grado was born April 22 to Mersiha Memic-Grado and Special Agent Adam Grado, Aviano Office of Special Investigations.

Zerriah Hayley Griego was born April 12 to Cecilia and Senior Airman Dominick Griego, 31st Logistics Readiness Squadron, and sister Catarina Bryce, 1.

Sydney Ellen Johnson was born April 12 to Jodiann and Senior Airman Charles Johnson IV, 724th Air Mobility Squadron, and siblings Anna, 8, Alexandra, 8, and Somer, 1.

Trestin Xzavier Nicely was born March 14 to Sarah and Senior Airman Brandon Nicely, 31st Security Forces Squadron, and sister McKenzie, 5.

Samantha Grace Steffens was born March 28 to Jennifer and Maj. Aaron Steffens, 510th Fighter Squadron.

Monica Isabelle Tryner was born April 8 to Katuscia Salluzzo and Tech. Sgt. Mike Tryner, 31st MXS, and sister Alessia Tryner, 3.

Note: Baby announcements can be sent either through the form given by the 31st Medical Group, or e-mailed to vigileer@aviano.af.mil.

Graduation ceremony

University of Maryland University College is holding a graduation recognition here for August and December 2004 and June 2005 graduates June 4 in the Community Activity Center. For more information, call Ext. 5365

Term 5 registration

University of Maryland University College Term 5 registration runs through June 3. For more information, call Ext. 5365.

Luau night

The Asian Pacific American Heritage Month Committee is holding a Luau night celebration at 6 p.m. May 20 in the La Bella Vista club. Cost is \$16 for club members and \$18 for non-members. For more information, Call Ext. 4286.

Med group closure

The 31st Medical Group will close May 27 for the wing down day and May 30 for Memorial Day observance. Family practice has extended care hours from 10 a.m. to 4

p.m. Saturday and Sunday. Call Ext. 5000 to obtain an appointment during the extended care hours. For off-duty care during the closure, go to the Pordenone or closest emergency room. Non-Personnel Reliability Program Airmen may phone a nurse on the Health Care Information Line at Ext. 5000.

Housing closure

The Housing Management Office and Furnishings Management Office is closed May 30, June 2 and 3 for U.S. and Italian holidays.

Physician liaison

The 31st Contracting Squadron has an opening for a 31st Medical Group physical services liaison who provides liaison services for government beneficiaries. Applicants who meet the qualification criteria may pick up the solicitation package at the contracting office in the Aviano Industrial Area. For more information, call Ms. Ornella Bresil at Ext. 7338 or e-mail ornella.bresil@aviano.af.mil.

Coding technician

The 31st Contracting Squadron has an opening for a 31st Medical Group coding technician who ensures an accurate and timely upkeeping of inpatients' and day surgery patients' health record services for government beneficiaries. Applicants who meet the qualification criteria may pick up the solicitation package at the contracting office in the Aviano Industrial Area. For more information, call Ms. Mara Zamparo at Ext. 7451.

Talent search

A local group is looking for singers and musicians who are interested in helping develop a group at Aviano. For more information, call Sara Feldkamp or Jeff St. Sauveur at Ext. 4284.

Field day volunteers

The Aviano Elementary School is looking for volunteers to support their field day for the third and fourth graders June 7 and first and second graders June 8. Field day is from 8 a.m. to 1:30 p.m. in Area D. For more information, e-mail meryl.smith@eu.dodea.edu

Girl Scout position

Aviano Girl Scouts are currently taking applications for a volunteer position. The Overseas Committee Chair is an annually-appointed position whose function is to promote the goals of the Aviano Girl Scout community. The position is overseen by the USA Girl Scouts Overseas. Duties include: volunteer personnel management, public relations with the Aviano community, leadership and promotion of Girl Scout programs and goals. For more information, e-mail Jessica Zika at avianotroop17@yahoo.com.

La Leche League

The La Leche League of Aviano meets at 10 a.m. June 13 in the Chapel Education Center, Bldg. 168. The group welcomes pregnant and breastfeeding mothers for a pot luck luncheon and informal discussion on breastfeeding and nutrition. For more in-

formation, call 0434-75-5606 or 348-242-5373 or e-mail LLLAviano@yahoo.com.

Substitute teachers

Aviano Elementary School has openings for substitute teachers certified in elementary education, speech therapy and nursing. For more information, or to apply for a position, call the school at Ext. 5677.

Sponsor training

The Aviano Family Support Center offers a sponsor training class from 1 to 2 p.m. each Wednesday. It assists sponsors in helping newcomers start their assignment off right. Training can be brought to individual units. Call the FSC at Ext. 5407 for more information.

Moped law

All moped operators are required to have a valid moped license. Individuals must possess a valid U.S. driver's license with motorcycle endorsement and attend a safety class or face a 512 Euro fine.

Housing inprocessing

All new natural gas and gasolio customers must have a valid housing contract stamped and signed by a housing official. Gasolio customers need to allow 7 to 10 days for delivery. Natural gas customers need to bring the meter serial number, meter reading and allow two weeks for the gas to be turned on. To expedite gasolio deliveries and natural gas connections, customers are reminded to stop by Home Fuels before noon. Home Fuels is unable to provide same day gasolio delivery or same day natural gas connection. At the request of the natural gas company, customers with the Home Fuels program should under no circumstance call the "green numbers." Any questions or concerns may be addressed at the Home Fuels office at Ext. 5083.

Toddler story hour

Toddler story hour is 10:30 a.m. every Tuesday in the Aviano Library. For more information, call Ext. 5382.

Reel Times

Today, 5 p.m. - "Miss Congeniality 2: Armed And Fabulous" Rated PG-13 - Undercover FBI agent Gracie Hart' skills are needed again. Starring: Sandra Bullock and Regina King

Today, 8 p.m. - "Million Dollar Baby" Rated PG-13 - A veteran boxing trainer takes on an older prospect. Starring: Clint Eastwood and Hilary Swank

Saturday, 2 p.m. - "Million Dollar Baby"

Saturday, 7 p.m. - "Be Cool" Rated PG-13 - Chili Palmer sees a friend killed, and pitches himself as the new business partner. Starring: John Travolta and Uma Thurman

Sunday, 7 p.m. - "Diary Of A Mad Black Woman" Rated PG-13 - Devoted housewife Helen thinks she and powerful attorney Charles have a 20-year picture-perfect marriage. But Charles wants a divorce from Helen so he can have her best friend. Starring: Kimberly Elise and Steve Harris

Wednesday, 7 p.m. - "Miss Congeniality 2: Armed And Fabulous"

Thursday, 7 p.m. - "Be Cool"

Friday, 5 p.m. - "Ice Princess" Rated G - Casey has never quite fit in, and she's caught between her fantasy of becoming a championship figure skater and her strong-willed mother, who has her on the fast track to Harvard. Starring: Michelle Trachtenberg and Joan Cusack

Friday, 8 p.m. - "Beauty Shop" Rated PG-13 - Gina Norris' egotistical boss takes credit for her work so she leaves the salon to open a shop of her own. Starring: Queen Latifa and Alicia Silverstone

(Titles and times are courtesy of www.aafes.com, and are subject to change.)

Senior Airman Seoni Fausina, crew chief with the 31st Maintenance Squadron, works on "Ol' Triple 7" during a phase inspection here recently. The inspections are performed every 400 flying hours



Maintaining Success

When it comes to maintaining mission success, the 31st Maintenance Group gets the job done. Not only do the units and Airmen within the group earn Air Force-level awards and receive high praise after inspections, but they're the people who keep the 31st Fighter Wing flying.



Airman 1st Class Desiree Hayden

Members of the 31st Aircraft Maintenance Squadron uncrate a sniper pod from its casket before installing it on an F-16 Viper here recently. The 31st Fighter Wing was the first wing to fly with a sniper pod attached to an F-16 in a wartime situation, and it was the 31st AMXS that made it happen.



File photo

Airmen from the 31st Munitions Squadron move munitions at Camp Darby, Italy, near Pisa. The 31st Red Horse Squadron is also at Camp Darby.



Staff Sgt. Micheal Holzworth

Airman 1st Class Sean Abbott and Staff Sgt. Phillip Shepard, 31st Maintenance Operations Squadron, conduct a technical order review to ensure all maintenance orders are completed.



Photos by Senior Airman Nichole Adamowicz

Taking care of Aviano

Capt. Lisa Alessi, left, checks on baby Korah during a well-baby appointment at the Aviano Pediatrics Clinic in Sacile recently. Airman 1st Class Timothy Gallegos, above right, draws blood from Master Sgt. Vicki Rodrigues during a physical health assessment. Captain Alessi is a registered nurse while Airman Gallegos is a medical technician. Both are in the 31st Medical Group here and both are responsible for overseeing the health care of people living and working at Aviano.

Careers in caring: *Military nurses, technicians work together*

**Air Force
honors
the medical
profession**

**By 1st Lt.
Nicole
Dubnicay
31st Fighter Wing
Public Affairs**

It's not every day an Airman can talk about how many times they've faced the death of another person and had the opportunity to bring them back to life.

"When you've got somebody unconscious and not breathing and you bring them back, you know you've done something really good," said Staff Sgt. Eric J. Ferro, NCO in charge of resuscitative medicine for the 31st Medical Group.

Their profession doesn't just focus on bringing people back, there are also many beginnings.

"The moment of birth [is incredible]," said Capt. Kaiti J. Skelly, clinical nurse for the 31st MDG. "When that baby comes, you see the smile, sometimes the father cries — nothing can beat that high."

The American Nurses Association announced the theme of National Nurses Week 2005 as "Nurses: Many Roles One Profession." National Nurses Week is celebrated annually from May 6 (also known as National Nurses Day) through May 12, the birthday of Florence Nightingale, the founder of modern nursing.

But the Air Force doesn't just recognize nurses. They recognize the importance of a good working relationship with enlisted technicians whether it is in the hospital, the clinic, on the flightline or in a deployed

location.

While the civilian sector celebrates National Nurses Week, the Air Force celebrates National Nurses and Technicians Week to show the bond between the professions. The Air Force Medical Service currently has 2,696 nurses and 21,993 technicians.

"Nurses don't have to worry about techs," said Maj. Marlene M. Kerchenski, 31st Medical Group education and training flight commander. "Military technicians are trained to do more than civilian technicians."

Military technicians receive more training than their counterparts in the civilian world. "Their training has led to constant improvements," said Captain Skelly. "It keeps their job from becoming stagnant."

Nurses work at all levels in the Air Force Medical Service from the smallest base to the Pentagon. They are aircrew, anesthesiologists, intensive care specialists, surgical staff, in-patient and clinic staff to name but a few roles.

Technicians can specialize in radiology, dentistry, independent duty, in-patient and clinic care, administration, hospital equipment repair or public health to name just a few roles.

The 31st Medical Group at Aviano has 36 nurses and 218 technicians who care for the base population.

Fly Bys

Tourist passport

Tourist passports are recommended for ease of travel throughout Europe and surrounding countries. Passports may be obtained at the Aviano Military Personnel Flight.

Travel Web site

Americans with travel plans must visit <http://travel.state.gov> to get the latest travel advisories in Europe. Maintained by the U.S. Department of State, the Web site offers a list of places suspected of anti-American activity, as well as other information for travelers. Call the Office of Special Investigation at Ext. 7643 with questions about the site or other antiterrorism force protection measures.

Experience Europe

The Information Tickets and Travel office offers group and customized tour packages for one-day trips, express travel, overnight and morale tours, sight-seeing and shopping trips. The office can arrange travel and reservations for squadron and private tours as well as daily and weekly tours. For more information, call Ext. 5072.

AF online travel

The Air Force now offers support to customers with the information they need to plan their leisure-time activities and assists them in locating the lowest possible military pricing in entertainment ticket venues and travel arrangements. For more information, log onto www.aftravelonline.com.



Courtesy photo

Name this vacation location

This week's vacation location was built sometime in the 16th or 17th century. It remains as the ancestral seat of the O'Briens, who are the direct descendants of the High King Brian Boru. Unbeknownst to most, this castle has a dark past. Historians have rooted this castle in the dark ages as the scene of many battles and attempts to unify a country and drive out Viking invaders. Since then, it was refurbished and transformed into a luxury hotel in 1962. This castle has welcomed royalty, politicians, celebrities, tycoons, and lovers of all ages. Be the sixth person to name this castle and the country where it is located, and win a prize. Send answers to vigileer@aviano.af.mil. Congrats to Tech. Sgt. Bruce Bond, 31st Civil Engineer Squadron, for answering last week's question with Istanbul, Turkey.

Overnight payment plan: Secure an overnight trip with ITT with a 50 percent down payment on a trip. Call Ext. 5072 for details.



Courtesy photo

Pantheon, Rome: the only building from Greco-Roman age that's completely intact.

Information, Tickets and Tours

Upcoming tours from the Information, Tickets and Travel office include:

- Saturday - Guided Trieste and its castles.
- Saturday - Wine tasting in Tuscany at Montalcino, Pienza. Price is between 198 Euro and 218 Euro.
- Wednesday - Castel Brando (30 minute back massage, vichi shower, sauna, swimming pool and Turkish bath pass)

• May 21 - Slovenian Rhapsody, which includes Ljubljana, a castle tour and a cave exploring trip.

• May 21 - Verona and Medieval Times

• May 27 to 30 - Naples and the Amalfi Coast for Memorial Day weekend. Four days and three nights touring Naples, Sorrento, Pompei and the coastline.

For more information about ITT tours, call Ext. 5072 or 5026.

Muscle and protein: What's the real story?

Study weighs in on how much diet supplementation is enough

By 2nd Lt. Jeremiah Johnson
959th Medical Diagnostics
and Therapeutics Squadron

Have you ever been at the gym or in the local health food store and overheard someone talking about protein supplements?

Maybe you happen to overhear that they are buying powders and shakes in order to maximize their performance. Are they right? Is there a need to take in 200 to 300 grams of protein each day to see results?

The simple answer to this, for most people, is no. In reality, very few people have protein needs that exceed what is provided by a well-balanced diet.

The recommended dietary allowance for protein has been established as 0.8 grams per kilogram of body weight, meaning that a 220-pound man only needs 80 grams of protein in a day. This standard has been estimated to meet the needs of 97.5 percent of Americans.

However, variations in daily physical activity were not taken into account.

Studies have shown that increased protein intake in strength-training athletes increases protein synthesis, somewhat validating athletic needs for added protein. However, these studies also found that protein intakes above 1.8 g/kg appear to have no added benefit.

In 2000, the American Dietetic Association, in conjunction with the American College of Sports Medicine and the Dietitians of Canada, released a position paper recommending that endurance athletes (runners, cyclist, etc.) have a protein intake of 1.2-1.4 g/kg, and resistance athletes (weightlifters) have an intake as high as 1.6-1.7 g/kg.

With this information, where does the typical resistance/ endurance athlete fall in regards to their need for protein?

Well, there is no magical formula to tell how much protein every person needs. It must be determined on an individual basis.

Once protein needs are known, there is another factor to consider for maximum performance – calories.

Athletes as well as non-athletes can have their protein needs affected drastically by not meeting their caloric needs with carbohydrates and fat. Resistance and endurance athletes who limit carbohydrates and restrict fat may not meet their energy needs. Consequently, the protein they consume is utilized for energy rather than muscle repair and growth.

An athlete could eat 400 grams of protein per day, but if that is the only thing they eat, they will not gain an ounce of muscle.

In reality they will actually start losing muscle because 400 grams of protein provides only 1,600 calories. The calorie needs of athletes

can range from 3,000-6,000 calories per day. If caloric needs are not met through the diet, the human body will use its own protein stores (i.e. muscle) for “fuel.”

The body's preferred choice of “fuel” is carbohydrates, followed by fat and protein. Ideally, a balance of each is optimal.

By increasing the intake of carbohydrates and fat to meet the increased caloric needs, protein can be utilized for muscle growth and development.

Once caloric needs are met and protein needs are determined, what is the best way to meet protein needs?

Protein bars, shakes, and powders are all sources of protein, but the reality is that they are typically not necessary. The majority of Americans eat anywhere from 2-3 times the RDA for protein through a normal diet.

Even in the case of the competitive weightlifter, they are most likely meeting their protein needs without really trying.

To put this in perspective: by eating an 8 oz. steak, drinking 2 glasses of milk, eating 1 cup of beans, and a can of tuna (6 oz.) throughout the day, you have consumed over 125 grams of protein (enough for a 175 lb. competitive weightlifter). That's assuming nothing else from the diet has protein (which is unlikely).

At this point, what is known? Depending on physical activity, there may be a need for more protein. Is it possible for these needs be met through the diet alone?

The answer to this is, “Yes!” There is usually no need for additional protein from supplements. The bottom line – if an athlete has a well-balanced diet, any results from supplementation are more likely to be seen in the wallet rather than in physical appearance or performance.



Senior Airman Priscilla Robinson

A well-balanced diet provides enough protein to support an active lifestyle.

Fly Bys

Fun walk

The Friday the 13th Fun Run is 11:30 a.m. today at the Dragon Fitness Center. Participants must meet in the fitness center parking lot at 11:15 a.m.

USAFE championships

The U.S. Air Forces in Europe's men's and women's volleyball championships run Monday through May 22 in the Dragon Fitness Center. For more information, call Ext. 5479.

Moms and tots

Moms and tots fun run is 10 a.m. May 26 at the Dragon Fitness Center track. Children receive prizes for each lap they complete. For more information, call Ext. 5479.

Skate Park

The Aviano skate park is closed June 30 through July 8 for the base Fourth of July celebration.

Nine pin tournament

The nine pin no-tap tournament is 7 p.m. May 21 at the Aviano Bowling Center. The entry fee is \$15. For more information, call Ext. 7487.

Mountain biking

Experienced cyclists from the Aviano Draghi Cycling Club and Outdoor Recreation staff will lead a 2.5-hour off-road adventure at 10:30 a.m. Saturday at Area One. Participants may bring Euro for snacks during rest stops.

Fitness classes

The Aviano Community Center offers fitness and power stretch classes for \$25 per person per month. Space is limited and the center has a waiting list for the available classes. For more information, call Ext. 5479.

Aviano Golf

The Aviano Alpine Golf Course offers individual golf lessons. Participants may also take advantage of the merchandise special order program, equipment rental and golf equipment lay-away program. For more information, call Ext. 7386.

Remembering the past

Airmen can learn from the Holocaust

By Tech. Sgt. David Duggins
91st Missile Security Forces Squadron

Many years ago, I saw a documentary called "Night and Fog," made in 1955 by concentration camp survivor Jean Cayrol and French director Alain Resnais.

Only 32 minutes long, depicting concentration camps, medical experiments and starved skeletal victims of the Nazi Final Solution, the film affected me deeply.

I felt I had lived in a concentration camp, watched my family die of starvation and seen them stacked like cord wood and bulldozed into mass graves.

It was the longest 32 minutes of my life.

I'm not Jewish. Born in 1963, I am 18 years removed from the unconditional surrender of German forces in May 1945. It was a distant memory before I began reading history books. This is true for many of us.

So why do we remember?

The best argument is the simplest: There are lessons in this terrible event, relevant to us today as Airmen and human beings.

In 1933, 9 million Jews lived in Europe. By 1945, 6 million had fallen under a methodical state-sponsored program of genocide.

Adolf Hitler, advocating the Voelkisch, or National Movement, believed Germans were racially superior.

The Nazis sought to cleanse their society of "inferiority" -- Jews, Romanians, the Polish and Russians. The campaign also encompassed political and ideological dissidents, Communists, Jehovah's Witnesses and homosexuals.

It ended in 1945, but history often repeats itself. Vietnamese, Chinese and Cham Muslims were among the 2 million victims of Cambodian

dictator Pol Pot's ethnic cleansing from 1974 to 1979. In April 1994, the ethnic majority Hutu exterminated 937,000 Tutsis in Rwanda.

Former Yugoslavian President Slobodan Milosevic was charged with genocide by the United Nations War Crimes Tribunal for crimes against humanity carried out from 1992 to 1995.

Mr. Milosevic's numerous offenses were disturbingly similar to those perpetrated by the Nazis.

The lesson? Hatred still happens. Prejudice and intolerance are here and now.

Each of us, armed with doctrines of equality and tolerance, can influence others to follow the right path.

As Airmen, we have many opportunities to positively influence our peers, subordinates, friends and families.

Enough positive influence can reach the global family of humanity.

We have made great strides, but as poet Robert Frost reminds us, there are miles to go before we sleep.

The U.S. Holocaust Memorial Museum has chosen "From Liberation to the Pursuit of Justice" as the theme for this year's Days of Remembrance observance to honor the continuing accomplishments initiated at the Nuremberg trials.

The International Criminal Tribunals for the former Yugoslavia and Rwanda, the Special Court for Sierra Leone, and the recently created International Criminal Court are all children of Nuremberg, a testament to the legacy of equality embraced by the United Nations and the U.S. Air Force. (Courtesy of Air Force Print News)



The Cornerstone

An indispensable and fundamental

The Cornerstone Page is devoted to those who support: junior enlisted, NCOs, CGOs and spouses. It's to share advice, ideas and opinions dealing with life in the Air Force and Aviano. It's also a forum to recognize those around us. The Cornerstone Page will also offer Air Force trivia and facts.

Submission info:

We want to hear from you. Flex your writing talents and share your thoughts with us and the community.

Commentaries: Writers can send commentaries to vigileer@aviano.af.mil. Commentaries must be 500 to 700 words. Topics must be applicable to the Air Force, Aviano and appeal to the general public. For questions or concerns, call the Vigileer at Ext. 7344.

Kudos: Aviano members can send kudos to Vigileer@aviano.af.mil with the subject line "Kudos." Kudos can be submitted for appreciation, retirements, awards, good service, promotions and graduations. For questions or concerns, call the Vigileer at Ext. 7344.

Deadline: The deadline for submitting information is close of business Thursday one week prior to publication. Faxed articles will not be accepted by the staff. The public affairs office is in Bldg. 1360, Room 19.

Kudos: Recognizing Those Who Serve

"Eighteen brave men lost their lives April 6 in a CH-47 Chinook accident in Afghanistan. Being an Army wife, I know first hand how well these men served with honor and pride every day. These men gave 200 percent to the Army and their country by working long hours, skipping meals, always on call and being deployed often for long periods of time in war zones, separated from their loved ones. Their dedication went beyond "be all you can be" and for all these reasons, I would like to honor their names, bravery, and ultimate sacrifice. To them, I say thank you, I'm so proud of you and you will not be forgotten. Five of these angels were in my husband's unit "Big Wendy" in Germany: CW2 Ayala David, CW2 Clint Prather, Staff Sgt. Charles Sanders, Specialist Michael Spivey and Private First Class Pendelton Sykes. To the families: Athena, Irene, Gwendolyn, Drake and Sydney, my heart goes out to you all. Your loss and pain is mine, also. My deepest condolences." - Lea King, Aviano spouse

Congratulations to the following 31st Operations Group Airmen for their recent award: Staff Sgt. Courtney Gordeon, 31st Operations Support Squadron - 31st Fighter Wing NCO of the Quarter • Airman 1st Class Diane Smith, 31st OSS - 31st FW Airman of the Quarter • Nidia Isaac, 31st OSS - 31st FW Civilian Technician of the Quarter (See next week for more 31st OG winners)